

ACHIEVE Wellness: 10,000 Steps Challenge

Steps Equivalent

1 mile = 2,000 average steps

To determine amount of steps, multiply number of minutes you performed the activity by the steps/minute.

Activity	Steps/Minute	Activity	Steps/Minute
Walking - 3 mph	100	Martial arts	303
Walking slow - under 2 mph	61	Miniature golf	91
Walking slow - 2 mph	67	Punching bag	182
Walking - 3.5 miles per hour	115	Raking lawn and leaves	121
Walking - 4 miles per hour	152	Racquetball	212
Walking - 5 miles per hour	242	Roller skating	212
Race-walking	197	Rowing machine	212
Aerobic dance	197	Rowing machine, vigorous	258
Backpacking	212	Rugby	303
Badminton	136	Running - 5 mph - 12 minute miles	242
Ballroom dancing - fast	167	Running - 6 mph - 10 minute miles	303
Ballroom dancing - slow	91	Running - 7 mph - 8.5 minute miles	348
Basketball - shooting baskets	136	Running - 8 mph - 7.5 minute miles	409
Basketball game	242	Sailing, boat and board, windsurfing	91
Bicycling	242	Scuba diving	212
Bicycling fast	364	Shopping	70
Bicycling under 10 mph	121	Sitting	30
Billiards/pool	76	Skateboarding	152
Bowling	91	Ski machine	212
Calisthenics - vigorous	242	Skiing - cross country	242
Calisthenics - light to moderate	106	Skiing - downhill	182
Canoeing	106	Skimobiling	212
Children's playground games	136	Sledding	212
Circuit training	242	Snorkeling	152
Climbing - rock or mountain	273	Snowmobiling	106
Cooking	61	Soccer	212
Croquet	76	Softball	152
Fencing	182	Square dancing	136
Fishing	91	Squash	364
Football	242	Stairmaster	273
Frisbee	91	Stationary bicycling (moderate effort)	212
Gardening	121	Stationary bicycling (vigorous effort)	318
Golf	136	Step aerobics	273
Gymnastics	121	Stretching, yoga	76
Handball	364	Surfing	91
Health club exercise, general	167	Swimming laps - moderate	212
Hiking	182	Swimming laps - vigorous	303
Hiking - orienteering	273	Swimming leisurely	182
Hockey - field and ice	242	Table tennis	121
Home/auto repair and shop tasks	91	Tai chi	121
Horseback riding	121	Tennis	212
House cleaning	91	Volleyball	121
Hunting	152	Water aerobics	121
Ice Skating	212	Water aerobics	121
Inline skating	364	Water jogging	242
Jazzercise	182	Water polo	303
Jogging	212	Waterskiing	182
Jogging on mini-trampoline	136	Weight lifting, moderate effort	121
Jump rope	303	Weight lifting, vigorous effort	182
Kayaking	152	Wrestling	182
Kickball	212	Yoga	76
Lacrosse	242		
Lawn bowling, shuffleboard	91		
Lawn mowing -power mower	152		

This chart is based on MET - Metabolic Equivalents of various physical activities.
<http://walking.about.com/od/measure/a/stepequivalents.htm>.